

Huevos Rancheros

This delicious southwestern-style dish is a great breakfast or brunch option.

Makes: 2 servings

Cook/Prep time: approx. 30 minutes

Source: MSUextension.org

Ingredients

- 4 corn tortillas
- 1/2 of a 16-ounce can of low sodium refried beans (or refried black beans)
- 3 eggs
- 1/4 cup grated cheese, cheddar or Jack
- 4 Tablespoons salsa

Directions

1. Place a tortilla in a frying pan on medium heat to soften. Turn over to heat both sides. Keep tortilla warm in 200°F oven. Repeat with remaining tortillas.
2. Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.
3. Cook eggs according to taste. Generally eggs “over easy” are used, but scrambled eggs work just as well.
4. Place two warm tortillas on each plate. Top with the beans and a sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

Utensils Needed

- Small saucepan
- Medium sized pan
- Can opener
- Box grater
- Measuring cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 tortillas with toppings

Nutrients Amount

Calories: 340

Total Fat: 14 g

Saturated Fat: 5 g

Cholesterol: 260 mg

Sodium: 580 mg

Total Carbohydrates: 34 g

Dietary Fiber: 1 g

Total Sugars: 4 g

Added Sugars: 0 g

Protein 19 g

SHOPPING LIST

Average total cost without oil and seasonings:

\$1.76 Average cost/serving: \$0.88

Recipe Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to
Cart Corn
tortillas



Add 1 to Cart
Refried Beans, 1 can



Add 1 to Cart
Large Eggs, 1 dozen



Add 1 to Cart
Salsa, 1 15.5 oz jar



Add 1 to Cart
2 oz cheddar cheese,
shredded (reduced fat)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Make your own salsa when tomatoes are in season
- To reduce the fat in the recipe, choose "no fat" or "low fat" refried beans.
- Buy a block of cheese and grate it yourself. Save any extra hard cheese such as cheddar in the freezer if not using immediately.
- Add some fresh cilantro for extra flavor